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The effects of a combined *Bryophyllum pinnatum*, *Moringa oleifera* and vitamin C phytotherapeutic agent on cholesterol levels

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Statins have been regarded globally as the standard therapeutic agent for the treatment of high cholesterol levels. This treatment has become necessary as research has established a direct relationship between high cholesterol levels and the incidence of cardiovascular disease. In some developing countries, it has been observed that populations living in rural areas and poor communities find it difficult to access and afford key therapies such as, statin therapy. And so, often do not meet their treatment goals which eventually lead to progression of their disease and the onset of associated conditions. The perennial herbs, *Bryophyllum pinnatum* and *Moringa oleifera*, have been extensively researched in the countries to which they are indigenous, and have been shown to exhibit antidiabetic, antihypertensive and cholesterol lowering effects. Like these herbs, vitamin C has also been shown to assist with the management of blood glucose. And so, it was inferred that a combination of these phytotherapeutics and vitamin C, should prove effective in managing key risk factors for cardiovascular disease; in this instance high cholesterol. In my recent uncontrolled, randomized study consisting of 16 participants, 10 females and 6 males, total cholesterol levels at baseline (one year prior to the study) and post treatment with the combined phytotherapeutic were investigated. Total cholesterol levels decreased in 93.75% of participants. There was a significant difference in total cholesterol levels from baseline ($M=4.5325$, $SD=1.0719$) and post treatment ($M=3.9050$, $SD=0.7057$); $t(15)=5.1236$, $p<0.05$. Therefore, I concluded that the use of a *Bryophyllum pinnatum*, *Moringa oleifera* and vitamin C combined phytotherapeutic agent reduces total cholesterol levels. In this seminar, I will discuss the origin of these perennial herbs and previous research on their ability to reduce cholesterol levels; with an emphasis on their cholesterol lowering capabilities when used as a combined *Bryophyllum pinnatum*, *Moringa oleifera* and vitamin C phytotherapeutic agent.

Biography

Alfred Sparman is an Interventional Cardiologist and Pioneer of Angioplasty in Barbados. He is the CEO of one of the premier healthcare facilities in the Caribbean. With years of experience in the field of Cardiology and a successful practice at The Sparman Clinic and 4H Hospital, he continues to build on his knowledge of chemistry and research. Concerned about the growing number of patients being diagnosed with cardiovascular disease annually, and in tune with patients' apprehensions about using drugs, he has taken a keen interest in developing viable alternatives which will diminish these apprehensions, and allow patients and their physicians to meet their treatment goals.

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